

Veggie Box Newsletter

Week 3, September 27

Welcome to week 3 of the Fall Veggie Box! Plants provide food, medicine, shelter, dyes, fibers, oils, resins, gums, soaps, waxes, latex, tannins, and even contribute to the air we breathe. Ethnobotany is the study of how people make use of native plants; the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people. Current use of the term implies the study of Indigenous or traditional knowledge of plants. It involves the Indigenous knowledge of plant classification, cultivation, and use as food, medicine and shelter. However, many Indigenous peoples believe that this study can be exploitative in numerous ways. Perhaps it is worth mentioning that Richard Evans Schultes, 'the father of ethnobotany' was a white American. Though he was a conservationist and worked closely with Indigenous peoples, the person who tells a story or disseminates information, matters. The voices of Indigenous people and the interests and perspectives of Indigenous communities should lead discussions. The economic focus of biological prospecting "discoveries," has highlighted important issues concerning Indigenous rights, cultural knowledge, and traditional resources. A more "precautionary" approach to ethnobotanical inquiry would assist Indigenous communities in protecting cultural heritage. The issues raised by publishing Indigenous plant knowledge are intensified by the significant uncertainties surrounding subsequent impacts on Indigenous communities whose value systems, priorities, expectations, and time frames may differ from those of the academic community. How do we ensure Indigenous voices are prioritized? What does this have to do with our food system and Veggie Box? Thank you for supporting local food!

Producer Spotlight

Green Wagon Farm

Owner of Green Wagon Farm, Chad Anderson began his journey with farming through his time in the Peace Corps and working in Uganda with dairy farmers. Chad opened, ran the farm while working a factory job and sold produce at their veggie stand in 2010. Co-Owner, Heather volunteered at the farm in 2012 when they discovered their shared passion for and career in farming. Green Wagon Farm has a year-round crew of 13 and up to 18 at the season's height. The Anderson family has grown the farm from a small roadside stand on borrowed land to the certified organic, family-owned, year-round operation it is today. "We relish our time working and celebrating together as we study and experiment with ways to better serve the land and our community."

Crop Profile

Ground Cherries

Ground cherries also known as husk cherries or strawberry tomatoes have a mild yet tropical flavor and are often described as tasting like a cross between a cherry tomato and pineapple! They are indigenous to the Americas and can be found in the wild. They are part of the nightshade family in the same genus as tomatillos and have the same papery husk that tomatillos do. While they are delicious when eaten raw, their sweet and tangy flavor also makes them a versatile fruit to cook with: they can be baked into pies or other baked goods, made into jams or preserves, put in salsa, or eaten with salad.



What's in the Box?

Organic Delicata Squash, *Cinzori Farms, Ceresco*
Crimson Crisp Apples, *Hillcrest Farms, Eaton Rapids*
Ground Cherries, *Yoder Family Farm, Leslie*
Cherry Tomatoes, *Peckham Farms, Lansing*
Parsnips, *Green Wagon Farm, Ada*
Beets, *Green Wagon Farm, Ada*
Green Tomatoes, *Hunter Park Garden House, Lansing*
Organic Kale, *Cinzori Farms, Ceresco*

Add-Ons

Bread, *Stone Circle BakeHouse, Holt*
Meat, *Heffron Farms Market, Belding*
Eggs, *Grazing Fields Cooperative, Charlotte*
Chevre, *Hickory Knoll Farms Creamery, Onondaga*
Cheese, *Hickory Knoll Farms Creamery, Onondaga*
Coffee, *The 517 Coffee Company, Lansing*
Pork, *Grazing Fields Cooperative, Charlotte*
Beef, *Heffron Farms Market, Belding*
Chicken, *Heffron Farms Market, Belding*

Recipes and Tips!

Roasted Root Vegetables with Feta & Pepitas

2 cups peeled and diced Veggie Box beets
2 cups peeled and diced Veggie Box parsnips
3 tbsp. olive oil
salt and pepper to taste
2 oz. feta cheese, crumbled
1/3 cup roasted pumpkin seeds
1 tbsp. Italian parsley, chopped

Preheat the oven to 350° and line a cookie sheet with parchment. Toss the beets and parsnips with the olive oil and salt and place on the cookie sheet in an even layer. Bake for 30 - 40 minutes, or until the beets tender and slightly browned. Remove from oven and sprinkle evenly with feta, pumpkin seeds and parsley.



Ground Cherry and Vanilla Compote

Veggie Box ground cherries
1/2 cup sugar
2 tbsp of lemon juice
1 vanilla bean

In a saucepan, combine ground cherries, sugar, and lemon juice. Split the vanilla bean in half lengthwise. With the tip of a knife, scrape the vanilla seeds and drop them into the pan with the pod. If using vanilla extract, add it after cooking. Bring to a boil, stirring frequently. Then simmer for about 25. Pour into sterilized jars.

Cinnamon Roasted Delicata Squash

Veggie Box Delicata squash
1/2 tablespoon pure maple syrup
1/2 tablespoons extra virgin olive oil
1 tbsp butter
1/2 teaspoon ground cinnamon
dash of salt

Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper and set aside. Clean the squash, cut both ends off and slice in half lengthwise. Remove the seeds and then cut each half into 1/4-inch thick slices. Place the squash slices in a large bowl. Drizzle with olive oil and maple syrup and sprinkle with cinnamon and salt. Toss to coat. Spread squash slices evenly on prepared baking sheet. Place in the oven and roast for 15 to 20 minutes. Flip and roast for another 10 to 15 minutes or until golden brown and tender.



Cherry Tomato and Ground Cherry Salsa

Veggie Box cherry tomatoes, diced
Veggie Box ground cherries, diced
1/3 cup red onion, finely chopped
Veggie Box garlic from last week, 1 clove, minced
Veggie Box serranos from last week, minced
1/2 chopped cilantro
3 tbsp lime juice
1 tbsp olive oil
1/4 tsp cumin
1/8 tsp salt and pepper

In a medium bowl, mix together diced cherry tomatoes, ground cherries, garlic, red onion, serranos, and cilantro. Next, add in lime juice and olive oil. Finish with the cumin, salt, and pepper.